

Among Friends



March 2014



SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

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TELEPHONE NUMBERS

Senior Center	508-210-5570
Transportation	508-210-5573
Nutrition Site	508-210-5578
& Lunch Reservations	
Veterans' Agent	508-210-5529
Fax	508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

PRE-DIABETES TALK AND SCREENING

Catherine Blatchley from the Visiting Nurses Association will speak on the "pre-diabetes" condition on **Wednesday, March 5 at 10:00 a.m.** The program is free and open to all. Please call 508-210-5570 to reserve a seat. Following the talk, appointments can be made for a free diabetes screening to be held on **Wednesday, March 19 from 10 to 12 noon.** The screening is also sponsored by the VNA.



THE MAJESTY AND MYSTERY OF CROP CIRCLES



What are Crop Circles? Where are they found, and how are they created? John Root, educator and naturalist, will speak on the "Majesty and Mystery of Crop Circles" on **Monday, March 10 at 1:00 p.m.** The program is free and open to all. Please call 508-210-5570 to reserve a place. This talk is supported by a grant from the Local Cultural Council.

ATTENTION ALL VOLUNTEERS

You are cordially invited to our annual Volunteer Recognition Luncheon on **Wednesday, April 9 at noon** where you will be treated to a delicious lunch catered by Toupins Catering. All of our volunteers who offered their services in 2013 are included. Volunteer categories are **(but not limited to):** Meal Site Volunteers; Meals on Wheels Drivers; Intergenerational Volunteers; Pen Pals; Program Volunteers; Outreach Volunteers (food pantry, book express, friendly visitor); Arts & Crafts and Fair Volunteers; Game Leaders; COA and Friends Board Members, etc. Please call Maureen today to make your reservation for this important event at **508-210-5570.**



FREE LEGAL CLINIC

FREE LEGAL
CONSULTATION

Attorney Arthur Bergeron from the firm Mirick O'Connell will be available for free legal consultation for **Holden Elders** only **Wednesday, March 12 from 10:00 a.m. to 12:00 p.m.** Appointments are REQUIRED and are offered in 15 minute time slots. Make your appointment by calling 508-210-5570.

DON'T FORGET TO ...



Spring ahead by setting your clocks ahead one hour as Daylight Savings Time begins on the night of **Sunday, March 9!!** Also, take this opportunity to check your batteries in your smoke and CO detectors!!





UPCOMING TRIPS

Tues., April 15 ... Debbie Reynolds at Mohegan Sun ... Debbie Reynolds, a leading lady of the 1950's and '60's began her career with MGM studios when she was just 16 years old. Since then the multi-talented, perky, wholesome woman has starred in numerous movies, singing and dancing her way into the hearts of millions. Some of her accolades include an Academy Award Nomination for "The Unsinkable Molly Brown", 2 Golden Globe Nominations, an Emmy Award, and a Lifetime Achievement Award (the first woman to receive this award). She also amassed numerous Top 10 hits including the hit song "Tammy" that remained number 1 on the billboard charts for 5 weeks. She still loves the fine art of show business and much to the delight of her fans, continues to perform today. Don't miss this chance to see this living legend live in concert. Price of this trip is \$79.00/person including Show Ticket, Transportation & \$30 casino gaming package (\$20 Free Slot Play/or Free Bet & \$10 Meal Voucher Good at Any Eating Facility at Mohegan Sun).

Wed., May 28 ... Boston Whale Watch Adventure ... This morning your group will experience an unforgettable excursion with **Boston Harbor Cruises**, aboard a specially designed high-speed catamaran, whale watching vessel to Stellwagen Bank, feeding ground of the world's largest mammals. High speed allows you to spend more time viewing the whales and less time traveling to them. Discover the great whales of the North Atlantic such as the Humpback, Finback, and Minke Whales. From the research scientists on board, you'll learn about these different types of whales, as well as their interesting behavior and what to look for during your sighting. Enjoy the cruise on deck or in the heated main cabin where your comfort is assured, and complete galley service offering your favorite food is available. As it's usually cooler on the water, a jacket or sweater is a good idea, as well as rubber-soled shoes. After your whale watch, stroll the sidewalks of fashionable Newbury Street. Explore the historical landmarks on the Freedom Trail. Enjoy lunch on your own at **Faneuil Hall Marketplace**, the lovely core of Boston's historic waterfront and the nation's premier urban marketplace. Housed in three beautifully restored 19th century buildings, its 125 shops and 21 restaurants offer tantalizing delicacies and unique gifts in a festive atmosphere that spills onto cobblestone streets filled with an amazing variety of street performers. Depart the Senior Center at 8:00 a.m. and return at approximately 5:30 p.m. Cost for this trip is \$69.00/person, including all taxes and gratuities.

Wed., June 11 ... The Temptations Live in Concert at the Venus DeMilo in Swansea, MA ... Over the course of their career, the Temptations have released four Billboard Hot 100 number-one singles and fourteen R & B number-one singles. Their material earned them 3 Grammy Awards. The Temptations were the first Motown recording act to win a Grammy Award, and in 2013 the group received the Grammy Lifetime Achievement Award and were inducted into the Rock and Roll Hall of Fame in 1989. Three classic Temptations songs, "My Girl", "Just My Imagination", and "Papa Was a Rollin' Stone", are among the Rock and Roll Hall of Fame's 600 Songs that Shaped Rock and Roll. The Temptations are also ranked at #68 on the Rolling Stone magazine's list of the 100 Greatest Artists of all time. Known for their choreography, distinct harmonies, and flashy wardrobe, the group has been said to be as influential to R & B and soul as the Beatles are to pop and rock. Meal choices are Chicken Parmesan or Baked Haddock. Also included: Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Price for this trip is \$79.00/person.

Wed., June 25 ... Connecticut Rail and Sail ... We start the day with a stop in Middlefield, CT at **Lyman Orchard's Apple Barrel**. The enticing aroma of fresh baked products fills the air throughout the market all day long. Fresh pies, apple cider, donuts, muffins, cookies, pastries and more desserts are made in the Farm Kitchen Bakery. From here, we head to lunch at **Oliver's Tavern** in Essex, CT. Your **entrée choices**: Grilled 9 oz. Flat Iron Steak with Sauteed Mushrooms; Vermont Cheddar & Pear Stuffed Chicken with Classic Chicken Gravy; Baked Filet of Salmon with Seasoned Breadcrumbs & Herbed Beurre Blanc; **or** Eggplant Parmesan served with a Side of Pasta. All entrees are served with Salad, Oven Roasted Potatoes, Chef Vegetable, Hot Rolls, Dessert, Coffee or Tea. It is a short ride up the street to the Essex Steam Train. There are two coal-fired locomotives that pull the collection of restored railroad cars. Be swept away with the hiss of steam, the blast of the whistle, and the clickity-clack of the tracks. The engineer shouts 'all aboard' before the run, then you sit back and experience an authentic journey back to the days of steam. Travel north from Essex Station through the scenic towns of Deep River and Chester. The train will stop at the Deep River Landing where you will disembark and board the **Becky Thatcher**. Here you will continue the journey north, but on the Connecticut River instead. See such sights as the famed Gillett Castle and the Goodspeed Opera House. Throughout the journey learn about the history, natural wonders, and legends. Cost of this trip is \$93.00/person, all taxes and gratuities included. Depart from the Senior Center at 8:00 a.m. and return at approximately 6:30 p.m.

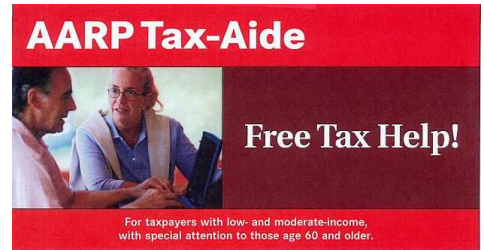
SHINE COUNSELOR
Monday, March 10 & Monday, March 24
BY APPOINTMENT ONLY



FREE INCOME TAX PREPARATION FOR LOW AND MODERATE INCOME PERSONS

This year the AARP Tax-Aide Program will provide income tax assistance and preparation for low and moderate income persons at the Holden Senior Center. Call 508-210-5570 to schedule an appointment with a volunteer tax assistant. Taxpayers will need to bring:

- ⇒ Photo ID (**new this year**)
- ⇒ Social Security Cards for yourself, spouse and all dependents
An official document from SSA will suffice (**new this year**)
- ⇒ All forms received containing tax information:
 - Social Security SSA-1099
 - Wages (W-2)
 - Interest and dividends (1099-Int/1099-Div)
 - Pension/annuity payments (1099-R)
 - Gambling winnings (W2G)
 - Stock or Mutual Fund Sales (broker's statement)
 - Any other forms showing income received or taxes paid
- ⇒ Real estate and town/city water-sewer bills (for Massachusetts seniors)
Be sure to bring bills for Calendar year 2013 (February, May, August, November)
- ⇒ Proof of health insurance - card you would take to an MD's appointment will have the necessary information.
Seniors with Medicare can use SSA-1099
- ⇒ Last year's (2012) tax return (Federal and/or State)
- ⇒ Blank check or checkbook for direct deposit of any refunds

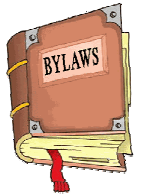


MARCH YOGA THEMES

Renew your spirit with a class in chair yoga. This month's themes are: **March 4** - Transition Flow Yoga; **March 11** - Yoga Breath Work; **March 18** - Spring Equinox Yoga; and **March 25** - Yoga for Health and Wellness. Join us for a wonderful treat for yourself **every Tuesday at 2:30 p.m.**

ATTENTION FRIENDS OF HCOA MEMBERS!

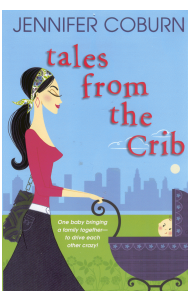
With this notice, please know that there are many proposed changes to our by-laws. If you would like to read the changes, they are posted on the bulletin board at the Senior Center along with a copy of the original by-laws. If you have comments on the changes, please let our President, Faye Ellis know by calling her at 508-829-6854. Also posted at the Senior Center is the proposed slate of officers for next year. Both of these documents will be voted on at our Annual Meeting on **Monday, April 7 at 1:00 p.m.** We invite all Friends members to attend this meeting to participate in this important vote and to join the Board of Directors for coffee and dessert. We also encourage you to attend our **Monday, March 3** meeting when Attorney Kimberly Asher will be here to answer any questions or concerns you may have about the by-law changes. The meeting will be at **1:00 p.m.**



If you're wondering what we do with the monies we raise, we have supported both the Wachusett Food Pantry and Help at H.O.M.E. fund; paid for 1/2 of the new television and television stand; paid for 1/2 of the room darkening shades and blinds for the multi-purpose room; paid for the upkeep of our billiards tables and provide 1/2 the monthly cost for the mailing of the newsletter, to name just a few. We thank our membership for their generosity and continuing support.

BOOK DISCUSSION GROUP

Our Book Discussion Group will meet again at **10:00 a.m.** on **Thursday, March 20** at which time they will discuss the book Tales from the Crib by Jennifer Coburn. Lucy and Jack are about to become parents. Lucy is pregnant-and she can't wait to surprise her husband with the good news. But she's the one in for a shock when she discovers that Jack has some surprising news of his own. It seems he wants a divorce. At least he did, until he found out they were having a baby. Now he's convinced they should stay married and raise the baby together...as friends. But will they stay husband and wife? Only Lucy doesn't want to be just friends. Sure, their marriage has hit a rocky patch, but she still believes in happily ever after. Besides, she wants them to be a family. But she's agreed to give this kooky arrangement one year which means she has exactly twelve months to win back the heart of the man she married. Unless, of course, someone else shows up to sweep her off her swollen feet first.





MARCH 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Lasagna 1:00 Quilting 1:00 Friends Meeting 	4 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Murphy 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	5 8-4:00 Billiards 10:00 Senior Walkers 10:00 Pre-Diabetes Talk 12:00 Senior Lunch Tuna Noodle Casserole 1:00 Pitch Party 	6 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 12:30 Movie "An Unfinished Love" 1:00 Bridge 1:00 Line Dancing 	7 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Cheese Omelet 1:00 Cribbage 1:15 Spring Chicken Fitness 
10 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Pork w/Stuffing & Gravy 1:00 Quilting 1:00 Crop Circles 	11 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Stew 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	12 8-4:00 Billiards 10:00 Senior Walkers 10-12:00 Legal Clinic 12:00 Senior Lunch Chicken Chow Mein 1:00 Pitch Party 	13 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Corned Beef 12:30 Movie "How to Marry a Millionaire" 1:00 Bridge 1:00 Line Dancing 	14 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Spring Chicken Fitness 
17 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch BBQ Chicken 1:00 Quilting 	18 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Ragu 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	19 8-4:00 Billiards 10:00 Senior Walkers 10:00 Diabetes Screening 12:00 Senior Lunch Beef Mediterranean 1:00 Pitch Party 	20 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Hot Dog on Bun 12:30 Movie "Hyde Park on Hudson" 1:00 Bridge 1:00 Line Dancing 	21 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salmon Boat w/Dill 1:00 Cribbage 1:15 Spring Chicken Fitness 
24 SHINE by Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Shepherd's Pie 1:00 Quilting 	25 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Cacciatore 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	26 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch Beef w/Peppers & Onions 1:00 Pitch Party 	27 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Turkey a La King 12:30 Movie "Parental Guidance" 1:00 Bridge 1:00 Line Dancing 	28 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness 
31 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Chicken Mornay 1:00 Quilting 	NO BLOOD PRESSURE CLINIC ON TUESDAY, MARCH 4th	FREE INCOME TAX PREPARATION FOR LOW AND MODERATE INCOME PERSONS  Call 508-210-5570 for an appointment	Volunteer Recognition Luncheon Wednesday, April 9 at noon 	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

COMING IN APRIL...

Apr. 2 ... Young at Heart Singers

Apr. 3 ... Maintaining Independence

Apr. 9 ... Volunteer Recognition
Lunch



Apr. 23 ... Storyteller Davis Bates "Celebrating
New England"

Apr. 24 ... Slips, Trips and Falls w/HFD

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

***BLOOD PRESSURE CLINIC CANCELLED FOR TUESDAY, MARCH 4th.**

BLOOD PRESSURE CLINICS NOW EVERY TUESDAY*!! SEE CALENDAR FOR TIMES!

MARCH MOVIES

Thurs., Mar. 6 ... "An Unfinished Life" ... When her husband dies, grieving widow Jean moves with her daughter into the Wyoming home of her estranged father-in-law, steely rancher Einar, even though they don't get along. Over time, the two learn to move on through the power of forgiveness.

Stars Jennifer Lopez, Robert Redford and Morgan Freeman PG-13 ~ 108 minutes



Thurs., Mar. 13 ... "How to Marry a Millionaire" ... In this classic comedy, three New York models (Marilyn Monroe, Betty Grable and Lauren Bacall) set up an apartment with a mission: They plan to use their looks, charm and talent to catch and marry a trio of millionaires. The gold-digging dames' outrageous man-hunting scheme does attract wealthy candidates, but, love and money don't appear to coexist; all three women must choose between the extremes. NR ~ 95 minutes

Thurs., Mar. 20 ... "Hyde Park on Hudson" ... When the king and queen of England visit U.S. President Franklin Roosevelt hoping for support on the eve of World War II, Roosevelt must deal with his official duties as well as the competing interests of his mother, his wife and his mistresses.

Stars Bill Murray & Laura Linney Rated R for brief sexuality ~ 94 minutes



Thurs., Mar. 27 ... "Parental Guidance" ... When their daughter must leave for a week, Artie and Diane Decker find themselves in charge of their three grandchildren, whose well-regimented and high-tech lives leave Grandma and Grandpa baffled and ready to bring on the old-school parenting. Starring Billy Crystal, Bette Midler, Marisa Tomei and Tom Everett Scott. PG ~ 104 minutes

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